



Northfield Senior Center Newsletter

SEPTEMBER 2022



The Northfield Council on Aging provides services to promote healthy aging of Northfield citizens ages sixty and older in Northfield and surrounding communities.

COUNCIL ON AGING STAFF & BOARD MEMBERS

Senior Center /CoA Director:

Colleen Letourneau, LSW

Program Assistant:

Linda Keech

Board Members:

Deb Lanou, Chair

Jim Whitcomb, Co-Chair

Betty Whitcomb,

Treasurer

Debby Wiesen Kelly,

Interim Secretary

Frank Froment

Margaret Livingstone

Tony Stavely

Judie Tate

Phone & Information:

(413) 498-2901 x 114

Email:

seniorcenter@northfieldma.gov

Website:

www.northfieldma.gov/seniorcenter

Address:

69 Main Street

Northfield, MA 01360

Meet Your Board Members!

My name is Margaret (Meg) Livingstone and I have lived in Northfield since we purchased our home in 1993. For my husband, Kevin, it was a return to his hometown. It was a new experience moving to a small, quiet town for me. I was born and raised in Longmeadow, MA - later living in Springfield, Orlando, and Greenfield. Aside from members of the Livingstone family who lived in Northfield, I knew no one and little about the town. However, I'm always game to try new things and this town has become a lifetime of new things for me.

I was home with our three-year-old son and was looking for things to entertain him and socialize him in town, when a neighbor mentioned story hour at the library. That gave us both new connections, friends, and information about the area! When it was time for him to start kindergarten, I offered to volunteer for whatever they needed of me. They set me to work shelving in the library, running carts of materials, and printing off the newsletter. I loved it! It wasn't three months when admin asked me to fill in part-time as a substitute 1-1 and cover the kindergarten's lunch monitor! I loved getting to know the children and seeing them in their learning environment! By year's end, I was asked to come back in the fall as a full-time classroom aide in kindergarten. Two years later, on the playground with another teacher, she took my arm and told me to go finish my degree, get my license, and become a teacher because "you are too good at this!" It was a huge moment and I grabbed it by enrolling in University Without Walls at UMass Amherst to finish my BA in English and Education, which was a suggestion from another teacher and town resident. I did it all part-time, while still working as a substitute at Northfield Elementary. After graduating, achieving my license, and teaching in Greenfield, a position opened at Pioneer, and I raced for it! I spent the next 17 years teaching 8th grade English with wonderful, treasured students and colleagues in Northfield, just where I wanted to be!

Since moving to Northfield, every single time I needed a new idea, situation, or to make a new choice in life, this town has provided it, even when I didn't know I needed it! Northfield is the only place I have lived that has ever felt like home to me.



Continuing ** INTERNET CAFÉ **Continuing

Thursday, September 8th

10:00 a.m. – Noon

Free Wi-Fi

DROP IN Bringing your own tech devices (laptops, tablets, smartphones).

OR

RSVP (413-498-2901 X 114) for instructions on using our iPads. The four iPads that we have are also available for short-term loans, after completing an application. iPads were purchased through a grant from Life Path.

Linda Keech & Carol Pike will be on hand for Senior Center iPad instructions or assistance with using your personal tech devices.



TED TALKS

hosted by

American House Senior Living Communities Keene N.H.

Thursday, September 8th @ 12:30 p.m.

"Impacting the Planet"

1. **Jane Goodall: Every day you live, you impact the planet**
2. **Megan Parker: How dogs help with conservation efforts**

Interesting and informative short films on a variety of subjects, in 2022 Ted Talks now comes to you the 2nd Thursday of the month 12:30 – 1:00 p.m.

- **If interested in receiving the zoom link, email: keeneassistant@americanhouse.com**

OR better yet,

Come to the Senior Center and watch Ted Talks with us on our flat screen TV.

The Northfield Council on Aging and Senior Center wish to thank the Friends of Northfield Seniors for their generosity and hard work with the two summer concerts at The Beech House at the Northfield Golf Course.

The Big Yellow Taxi in July and the 60's Experience in August were successful and so much fun.

Thank you to all who attended and gave donations to support the Council on Aging's programs so future events are possible.

A special thank you to the:

Northfield Golf Course Staff & the Snow family

Northfield Creamy-Mary Bowen

Coke Company of Northampton & Bernie Boudreau

Bobbies Hair & Nail Salon

Hannaford's Athol/Orange Town Line

Sweet BB's Farm/ Floral Stand

Hobby Lobby Athol Ma.



Thank you to the Council on Aging volunteers & spouses Debby Wiesen Kelly, David Kelly, Deb and Stephen Lanou. Can't leave out Grill Master Bernie's expert helpers: Karen Boudreau, Mickey Steiner and Craig Letourneau.

SEPTEMBER Backdoor Take and Go Lunch!

*Roast Pork Tenderloin with mushrooms & caramelized onions
Mashed potatoes, roll
Apple Crisp for dessert*

Friday, September 23rd @ 11:30 a.m.

Available for pickup at the Senior Center Kitchen Back Door.

Suggested Donation of \$5 per meal is appreciated to help cover our costs.

**Reservations MUST be made by calling the Senior Center at 413-498-2901x114
or emailing seniorcenter@northfieldma.gov**

By no later than 3:00 p.m. Monday, September 19th!



Brown Bag Program Accepting Applications! If you are having trouble keeping enough food on your table and would like some help, please contact the COA at: 413-498-2901x114 or email seniorcenter@northfieldma.gov for instructions on how to apply for monthly distribution of extra food (limited income service program). **Pick up is available on the FIRST THURSDAY of every month.**



*** Free monthly community meals sponsored by the Franklin County Community Meals Program (FCCMP). Available every month on the 4th Thursday from 5-6p.m. for takeout at the Trinitarian Congregational Church (147 Main Street, Northfield).**

***RSVP the week before by calling: 413-376-8410 or online at fccmp.org/rsvp.**

Food Pantry is open at the Dickinson Memorial Library, 115 Main St in Northfield on the 2nd and 4th SATURDAY of each month, between 10:00 a.m.- 1:00 p.m. Please Follow COVID-19 Posted Rules.



The **Supplemental Nutrition Assistance Program (SNAP)**, formerly known as the Food Stamp Program, helps you stretch your food dollar to buy nutritious foods. Single people, families, the elderly, working couples – all types of people receive SNAP benefits. Eligibility is based primarily on household income and certain expenses. +To find out if you're eligible and to apply **CALL The Food Bank of Western Massachusetts – SNP Department at 413-992-6204** for more information.

LOAVES & FISHES







Administered by the TCC Mission Committee, this Emergency Food Project assures applicants of confidentiality. This local non-profit also has funding available to assist with paying a portion of utilities and essential bills for those who have been furloughed, laid off or simply need emergency assistance.

Call Cathy Hawkins Harrison a 413-498-2038 for more information.



September



Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:30 AM 60 + Yoga (Libby) Zoom Only BROWN BAG pickup @ 11:30 AM	2 Senior Center & Town Hall closed on Fridays
5 LABOR DAY HOLIDAY Town Hall and Senior Center is CLOSED	6 Foot & Blood Pressure Clinic By appointment only 1:00 – 4:00 PM Samba card game	7 Deadline to PAY & RSVP for the Art Class on 9/13/22 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance Class Zoom ONLY 12:30 – 2:30 PM NURSES available (See newsletter)	8 9:30 AM 60+ Yoga (Libby) in-person at Town Hall and Zoom 10 AM – 12 Internet Café  12:30 PM – TED TALKS (See newsletter) 1:00 PM Knitting Group	9 Senior Center & Town Hall closed on Fridays
12 "Happy Feet"  9:30 AM (meet at- See newsletter) 1:00-4:00 PM Bridge	13 10:00 AM ART CLASS (See newsletter) RSVP needed by 9/7/22 1:00 – 4:00 PM Samba card game	14 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class Zoom ONLY	15 9:30 AM 60+ Yoga (Libby) in-person at Town Hall and Zoom	16 Senior Center & Town Hall closed on Fridays
19 Speaker @ 10 AM (see newsletter) 10:00 a.m. - Noon Coffee time & knitting  Last day to order take and go lunch 1:00-4:00 PM Bridge	20 Foot & Blood Pressure Clinic by appointment only. 1:00 PM CoA Board Meeting 1:00 – 4:00 PM Samba card game	21 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class Zoom ONLY	22 9:30 AM 60+ Yoga (Libby) in-person at Town Hall and Zoom 1:00 PM Knitting Group open to all FCCMP free Meal (See newsletter)	23 11:30 AM Take & Go Lunch pick up *Senior Center OPEN until 1 PM
26 "Happy Feet"  9:30am (meet at -See newsletter) 1:00-4:00 PM Bridge	27 9:00-11:00 AM Veterans' Services with Brian Brooks (See Newsletter) 1:00 – 4:00 PM Samba card game	28 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance Class Zoom ONLY	29 9:30 AM 60+ Yoga (Libby) in-person at Town Hall and Zoom 10:45 AM Happy "Little" Feet Recess Walk 	30 Senior Center & Town Hall closed on Fridays



"Happy Feet" Walking groups

In the event of steady rain, the walk will be canceled.



Walk # 1: **Monday September 12th @ 9:30 a.m.**

Meet at Satan's Kingdom parking area (Old Vernon Rd. Nfld.) to walk on the paved road and observe birds and ponds created by beaver dams.

**Seniors with a walker or wheelchair and who have a caregiver, friend, or family member to assist them, are encouraged to attend. Dogs on leashes are welcome.*

Walk # 2: **Monday, September 26th @ 9:30 a.m.**

Meet at the First Light's Boat/Recreation/Pavilion Parking lot off Route 63 in Northfield. We will walk on Pine Meadow Rd. abutting the Conn. River to eventually walk right under the French King Bridge (approx. 4 miles R/T). Then we'll take the foot bridge to a special river's edge area called "Cabot Camp".

Dogs on leashes are welcome.



Walk # 3: **HAPPY "LITTLE" FEET resuming on Thursday,**

September 29th @ 10:45 a.m. meet at the Senior Center, (wear your Happy Feet shirts and hats.)



New Copper Repoussé New

Art Class

Tuesday, September 13th

10:00 a.m.



PAYMENT for Materials & RSVP DUE BY

WEDNESDAY, September 7th

Call 413-498-2901 x 114



Come join our Art Class by retired art teacher Ginny Rockwood.

Cost is \$8.00 per person for materials

Minimum of 4 people and maximum of 10 people.

Repoussé is a method of decorating metals in which parts of the design are raised in relief from the back or the inside of the article by means of hammers and punches. The name *repoussé* is derived from the French *pousser*, "to push forward." This ancient technique, which has been used extensively throughout the history of metalworking, achieved widespread popularity in Europe during the 16th, 17th, and 18th centuries

Bring a photo or magazine picture of something you'd like to replicate. Small details don't work well. Instructor will also bring in picture possibilities.



Coffee Social MONDAY - September 19th
10:00 a.m. - Noon



With Special Guest Speaker Joan Stoia from 10:00 - 10:30 a.m.
Joan will provide an introduction to the Northfield's 350th Oral History project.

Puzzles, bring your knitting projects, pick out a game or play cards, join our knitters and enjoy coffee-tea-hot chocolate, cold beverages and snacks. If it is a nice day we could go sit in the pavilion behind the Town Hall.

COST SAVINGS Strategies TIP #1 from SHINE

Did you know that the **Medicare Savings Plans** can help you pay for Medicare premiums and make you eligible for BIG SAVINGS on your prescriptions? Check these current 2022 numbers. If you have Medicare and your income and assets are similar to those below, you might qualify!



Medicare Savings Plans	Gross Monthly Income Limits	Asset Limit*	Application to use	Benefits
MassHealth Senior Buy-In (QMB)	\$1,473 (individual) \$25,200 (couple)	\$16,000 (individual) \$25,200 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Medicare A, B premiums, deductibles and copays, automatic full extra help with prescription costs
MassHealth Buy-In (SLMB, QI-1)	\$1,869 (individual) \$2,418 (couple)	\$16,800 (individual) \$25,200 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Pays Medicare B premium & full extra help with prescription costs

*Primary residence and one vehicle are not counted.

If you have any questions about these programs, contact a SHINE counselor outreach worker at Mass Options (1-800-243-4636). You can apply any time and reap bit savings!



Life Path is continuing to assist folks with Medicare questions by calling LifePath's main number (413) 773-5555 ask for **SHINE**.

SHINE - Serving the Health Insurance Needs of Everyone



Neighbors at Home

Call in your service requests – New # 413-200-8183
info@neighborsathome.org or service@neighborsathome.org
www.neighborsathome.org.

As of July 1, 2022, member fees will be \$60 for an individual and \$90 for a household.

60+ YOGA In-person at the Northfield Town Hall as well as via Zoom Starting Sept. 8th

Thursdays 9:30 - 10:30 a.m. *[see statement below](#)

Join us from the comfort of your home via Zoom or come in-person to the Northfield Town Hall starting on **September 8th** and explore how the tools of yoga can help you move with more ease, balance with greater confidence, breathe more deeply, think more clearly, and sleep more soundly. Based on the gentle **Viniyoga™** approach, this class is accessible to people with any amount of flexibility and yoga experience. We'll be working in and around a chair: standing is optional. Alternatives are offered for anyone who prefers to remain seated.

Beginners welcome!

Open to anyone 60+ living in Northfield and surrounding towns. *Funded by a combination of state and federal grants administered by Lifepath, Inc. and the Town of Northfield, MA.*

Donations appreciated but not required. *If you'd like to donate, please make checks payable to the "Northfield Council on Aging", write "Exercise Fund/60+ Yoga" on the Memo line, and mail to Northfield Senior Center, 69 Main Street, Northfield, MA 01360.*

Donations ensure the continuation of this valuable program.

***New students** must register in advance and complete a Waiver prior to attending first class.

To register/ for more info: call or text 413-834-4524 or email libby@yogalibre.net.

***60 + Yoga is back to in-person classes at the Town Hall (as well as continuing with Zoom) starting Thursday September 8th.**

***But if there is a heat advisory predicted during one of the classes in September then the participants will be informed by Libby via email around 8:30 a.m. that the class will be Zoom only for that day.**

"Class via Zoom only when:

1. The Senior Center is Closed
2. A local Heat Advisory is issued
3. The local schools are closed due to inclement weather"



Healthy Bones and Balance Classes

Every Wednesday starting at 10:30 a.m.
Via Zoom until October 2022

All Are Welcome

- ✓ COVID Safe – Comfort of your own home via zoom invitation
- ✓ Low Impact (provide your own sturdy chair)
- ✓ Focused on Improving Balance and Core Strength
- ✓ Adaptive ("weights" = canned goods; "exercise balls" = rolled socks)
- ✓ FREE TUITION – Thanks to a partnership with RSVP (Retired Senior Volunteer Program)!!

To register/for more information email seniorcenter@northfieldma.gov

Reserve your spot by calling or emailing the Senior Center at (413) 498-2901 x 114

seniorcenter@northfieldma.gov





CARD GAMES



NEW!!! SAMBA –

Every Tuesday each month 1:00 – 4:00 p.m.

A variant of Canasta, you're invited to observe and learn from an experienced group of players. New groups can form when more participants are interested.

Ongoing!!! BRIDGE –

Every Monday afternoon 1:00 - 4:00 p.m. and Wednesday morning 9:00 a.m. – Noon. New participants always welcome to come and learn.



Knitters and Crocheters!

2nd & 4th Thursday each month @ 1:00 – 2:00 p.m. and at coffees



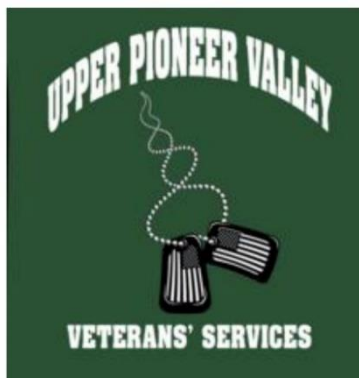
THIS MONTH: **September 8th @ 1:00 p.m.**
September 22nd @ 1:00 p.m.

The Northfield Senior Center Knitters are winding down our **Warm the Children project** and we will be bringing the hats to the Greenfield Recorder at the end of this month.

For those participating in-person or from their homes please bring in the finished hats to the Northfield Senior Center by the end of September.

Yarn and hat patterns will be available, but if you have a favorite pattern, please feel free to bring it along. If you cannot attend in person, but would still like to knit hats, please contact Betty Whitcomb at l.enfantd.hiver@gmail.com.

Please note that on the second Thursday of each month, the Senior Center airs TED talks starting at 12:30. Knitters are welcome to attend the TED talks, but there will be no knitting related discussion until 1:00.



Veterans' Agent Hours

As a member of the Upper Pioneer Valley Veterans' Services District, Northfield will now have a veterans' agent conducting outreach hours at the Northfield Senior Center.

The veterans' agent will hold hours the **Fourth Tuesday of every month from 9:00 a.m. to 11:00 a.m.** They will provide information on veterans' benefits for veterans and their dependents and schedule one on one appointments as needed.

Next offering is **September 27th**.

Please call the Veterans' Services office at 1-413-772-1571 for more information or the Northfield Senior Center Director at 1-413-498-2901 X 114 to speak with Colleen Letourneau.

Fall is for flu vaccines: Flu vaccines are available at many pharmacies and community sites around the county. Larger clinics offering COVID and flu vaccines will be posted on the FRCOG website as they are scheduled. FRCOG public health nurses can assist residents to access vaccinations, call 413-774-3167 ext. 156.

The nurses will carry flu vaccine to Walk-in Wellness hours starting in September.



Public Health
Prevent. Promote. Protect.
Cooperative Public Health Service
Franklin Regional Council of Governments

Drop-In Nursing Hours September 7th, 12:30-2:30 p.m.

Flu shots will be available.

Public health nurses will be available monthly on the first Wednesday of the month at the Senior Center from 12:30 to 2:30 p.m.

Everyone is welcome, no appointment needed for Drop-In Nursing. Confidential services available at walk-in wellness times include blood pressure, blood glucose checks, support with managing chronic health conditions and self-management of medications, sharps disposal and container exchange.

This nursing service is provided each month by nurses **Meg Ryan** or **Lisa White** from the **Cooperative Public Health Service of the Franklin Regional Council of Governments**. For more information, contact Meg Ryan, RN at mryan@frcog.org, 413 774-3167 x 158, or Lisa White, RN, lwhite@frcog.org, 413 665-1400 x 114. Come and say hello!

An up-to-date list of local places to get a COVID test or vaccine in Franklin County can be found at <https://frcog.org/covid>.



Foot and Blood Pressure Clinics



Foot Clinic open for LIMITED in-person appointments!
2 Clinics this month: September 6th and September 20th

Please call for dates and availability 413-498-2186 or 413-498-2901, ext. 114.

(Slots fill up fast)

Foot Clinics are two Tuesdays every month! Nail trimming, simple consultations, will trim fingernails too. Blood pressures by request. Dates are posted on the monthly calendar. Mask required.

Service is free; donations appreciated for supplies and for Council on Aging programs.

The Northfield Council on Aging is open for additional Board members. If you or someone you know is interested, please call: Colleen Letourneau (Director) at 413-498-2901 ext. 114.



Franklin County TRIAD Sheriff's Office Program

The Franklin County Sheriff's Office TRIAD Program is a crime-prevention and wellness initiative aimed at protecting the safety and welfare of our senior citizens.

TRIAD Provides the Following Services:

- **Food Program** - BJ's Wholesale, Big Y and Pepperidge Farms donate food items which TRIAD distributes to senior housing complexes and senior centers in Franklin County.
- **Medical Equipment Loan Program** - In an effort to keep people in their homes as long as they can safely live there, TRIAD provides/delivers donated medical equipment such as wheelchairs, hospital beds, commodes, canes, walkers and rollators. All equipment is free of charge.

Contact Information: TRIAD

160 Elm Street
Greenfield, MA 01301

Tel: 413-774-4726

Fax: 413-223-8027



Franklin Regional Transit Authority FRTA Senior Van support

Call the VAN SERVICE! **(413)768-1824**

48 Hours Notice

Leave a MESSAGE with a call back number.

Safe! Easy! Affordable!

Vans are Sanitized and Accessible! MASKS REQUIRED

Medical Appointments
Hairdresser

Groceries
Bank

Pharmacy
Coffee



Alice Severance

August 7, 1934 – August 23, 2022

Judith Vearling

February 14, 1946 – August 29, 2022